

MISO Soup

Did you know that Miso Soup with Scallions (Shallots) is actually an ancient Chinese herbal remedy for colds?

In 300 AD famous herbalist, Ge Hong, writes about Miso Soup with Scallions in a book called, *Bei ji zhou hou fang* or *Emergency Formulas to Keep Up One's Sleeve*.

The soup is indicated for the onset of a cold when a person is just beginning to feel a headache, stuffy nose and a slight fever.

So, the next time you feel a cold coming on, be sure to have your miso!

Miso Soup

Serves 4

Ingredients:

6 cups water

3-4 Tablespoons Aka Miso or red soy bean paste (usually sold in the refrigerated section)

3-5 green onions stalks, chopped

Directions:

Dissolve the miso in a little bit of boiling water (about 2 tsp.)

Bring water to a boil in a saucepan and add the miso & scallions.

Simmer for 5-10 minutes.

Remove from heat top with shallots and serve.

Variations: you can add various other ingredients to make a more substantial soup, such as tofu, fresh mushrooms, wakame (a sea vegetable), grated ginger, carrots, cooked shrimp or salmon, snow pea sprouts and cooked rice noodles.